

*U.S. Rural Electrification Administration*  
ELECTRIC COOKING EQUIPMENT<sup>o</sup>

SELECTION, OPERATION, AND CARE POINTS

ELECTRICITY FOR COOKING HEAT:

Wires made of certain metals, in this case nickel chromium, offer resistance to the passage of electric current; this resistance takes the form of heat.

ELECTRIC COOKERY ABC'S:

Accurate	Efficient
Cool	Fast
Clean	Healthful
Convenient	Safe
Dependable	Simple
Economical	Time-saving

COMPARATIVE COST: ELECTRICITY-BOTTLED GAS

Electricity		Bottled gas
3¢ per kwh.	=	10¢ per lb.
2½¢ per kwh.	=	8 1/3¢ per lb.
2¢ per kwh.	=	6 2/3¢ per lb.

1 kwh. equals about .32 lbs. LP\* gas

100 kwh.	32 lbs.
2½¢	8½¢
\$2.50	\$2.72

TYPES OF ELECTRIC COOKING EQUIPMENT:

Hotplate -----	\$ 5* - \$30
Roasterette or casserole	\$ 5 - \$10
Roaster -----	\$30 - \$65
Range:	
Portable -----	\$30 - \$100
Apartment -----	\$125 - \$175
Standard -----	\$175 - \$375

SELECTION POINTS - HOTPLATE:

1. Sturdy construction
2. One unit at least 1000 w.
3. Three-speed switch
4. Durable finish (porcelain, chrome)
5. Double unit preferable

OPERATION OF HOTPLATE:

Use on appliance, not lighting circuit  
Start on high. When steaming vigorously turn to low or off. Keep food covered. Time  
Use high-wattage hotplate for canning

CARE OF HOTPLATE:

Open unit: Invert tin pie pan, sprinkled with water, over it. Turn to high 10 min.  
Protect from salt, soda, sugar, soap, acid, metal, sharp instruments, sharp blows.  
Avoid getting grease or water on cord.

\* Liquified petroleum.



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#### SELECTION OF ROASTER:

Finish: good enamel - white, black, ivory  
Handles: easy to grasp, heat-resistant  
Size: larger size is more practical  
Shape: rectangular shape is preferable  
Insulation: 1-2" rock or glass wool  
Thermostat: switch marked with temp's.  
Wattage: 1,000 - 1,320 w., highest better  
Inset pans: ovenware, glass go to table  
Rack: adjustable, sturdy, simple  
Broiler: grid in well better than lid type  
Lid: glass panel; aluminum or chrome-plate  
Cord: rubber covered

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#### OPERATION OF ROASTER:

Place on table of good-working height  
Locate in cooking center, if possible  
Use only on appliance circuit  
Preheat roaster, or grid, for frying  
Preheat for baking, large inset pan in place  
Close adjustable vent during preheating  
Use cold start for oven meals, roasting  
Add 15-30 min. to recipe time for cold start  
 $\frac{1}{4}$  c. water for green veg's.,  $\frac{1}{2}$  c. for starchy  
Place meat for broiling no closer than 2"

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#### SELECTION OF ELECTRIC RANGE:

Table-top desirable, height varies  
Unit body construction - sturdy, braced  
Location of work space, units, oven, vent  
Acid-resisting porcelain enamel top  
Well-labelled switches; closed units  
Racks and drawers--lock and easy to move  
Large well cooker; drop broiler pan  
Evaluate special features, use vs. cost  
Water heating--kitchen heating problems

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#### TYPES OF OVENS & OVEN UNITS:

Ovens: One unit  
Two unit: bottom baking heat  
top and bottom heat  
Types of units: open coil  
tubular encased

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#### OVEN SELECTION:

Size: 18-20" deep, 14-17" high, 15-17" wide  
Liner: rounded corners, seamless, porc. enamel  
Door: tight, counter-balanced, broiler stop,  
hinged at bottom, well-designed latch  
Racks: non-tilt, non-slip rail, locking  
Shelf positions: More than 5, or rev. rack 2"  
Broiler: under top unit, pref. deep pan  
Good insulation; well-located vent  
Well-labelled thermostatic control

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TYPES OF SURFACE UNITS:

Open: open-labyrinth  
enclosed labyrinth  
Closed: encased; tubular or rod, ring

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## SWITCH POSITIONS:

High: start steaming, frying, pressure cooking  
2nd: continue frying  
3rd: cooking without watching, pressure cooking  
melting butter, continue deep-fat frying  
4th: continue cooking after steaming  
5th: keep food warm, continue cooking

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## SURFACE COOKING UTENSILS:

Fit unit:	Short side handles
2 or 3 qt.--6" unit	Heat-resistant handles
4 or 5 qt.--8" unit	Recessed knobs on lid
Flat bottom:	Dull or black bottom
Straight sides	Polished sides
Medium weight	Steam vent
Tight covers	Easily cleaned

Useful in oven too

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## ECONOMICAL USE OF SURFACE UNITS:

1. Serve one-dish meals
  2. Use low heat instead of double boiler
  3. Use small units most; have pan fit
  4. Use 1/4-1/2 c. water (or 1/8-1/4" in pan)
  5. Use flat-bottomed, tightly covered pan
  6. Put pan on unit, then set switch
  7. Turn down or off when steaming
  8. Avoid lifting lid and stirring
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## USES OF WELL COOKER:

1. Cooking less-tender cuts of meat
  2. Complete meals of meat, veg's., dessert
  3. Steaming veg's., puddings, brown bread
  4. Soup, chili, stew
  5. Deep-fat frying
  6. Cooking cereals, dried fruits
  7. Baking potatoes, squash, beans
  8. Making casserole dishes
  9. Reheating rolls or biscuits
  10. Sterilizing jelly glasses and baby bottles
  11. Making a large quantity of cocoa
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#### OVEN OPERATION POINTERS:

Select foods using same time and temp.  
Use covered pans,  $\frac{1}{4}$ - $\frac{1}{2}$  c. water on veg's.  
Cook tender meat in shallow, uncovered pan  
Meats & veg's. on bottom; dessert on top  
Allow space between pans and pans & walls  
When using timer, choose foods that can wait  
For baking:  
    Stagger pans for good heat circulation  
    Avoid use of black or enamel pans

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#### ECONOMICAL USE OF OVEN:

1. Use oven to full capacity
  2. Best to have foods at room temp.
  3. Adjust racks before preheating
  4. Preheat only until light goes out
  5. Bake low temp. foods first
  6. Time. Don't overcook. Don't peek
  7. Use stored heat
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#### SETTING OVEN THERMOSTAT-SWITCH

Broiling: Turn to "Broil"  
Preheat: Turn to "Broil" first; then  
          set baking temp. immediately  
Timed Bake: Set at temp. required  
            Follow directions for timer

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#### USE OF OVEN SWITCH POSITIONS:

Preheat: Rapid heating of oven  
          Rare roasts  
Bake-T & B: Most baking  
            Oven meals  
Bake-B: Canning\*; large meals  
          Quantity baking  
Slow broil: Well-done thick steak,  
            chicken, chops\*\*, toast  
Speed broil: Rare steaks

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#### PREHEAT OVEN FOR:

Cakes--some types      Cookies  
Quick breads          Pastry

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#### PREHEATING OVEN UNNECESSARY FOR:

Oven meals              Yeast bread  
Cakes--some types      Roasting

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#### POOR OR UNEVEN BROWNING DUE TO:

1. Oven not level
  2. Black or enamel utensils
  3. Pan too large or warped
  4. Poor placement of pans
  5. Over-crowding oven
  6. Insufficient heating
  7. Opening door during baking
  8. Poorly fitting door
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\* Oven canning not recommended.

\*\* Broiling uncooked pork (unless frozen) not recommended.



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#### BROILING:

1. Use tender meat, cut fat edges
  2. Brush meat, veg's. with fat
  3. Sprinkle fruits with sugar
  4. Do not preheat oven or pan
  5. Adjust rack

Thin or rare meat	1½-2"
Meat, veg's., fruits	3 -4"
Fish, chicken, meat	4 -5
  6. Leave door ajar
  7. Time and turn when half done
  8. Do not store broiler pan in oven
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#### CARE OF RANGE:

Rotate use of surface units

Avoid twisting wires to surface units

Pull straight out on oven units

Avoid overheating

Enamel: protect from spills & acids  
sudden temp. changes, scratches,  
blows, harsh abrasives, crazing

Cooker: do not heat empty or boil dry  
do not store foods in cooker  
cool well before storing cooker

Oven: open door to dry after using  
avoid leaning on door

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#### CARE OF RANGE - CLEANING:

Remove spillage immediately - paper, dry cloth

Wash when cool - warm soapy water. Rinse dry

Trim: polish with whiting or silver polish

Units: burn spilled food; remove with soft brush  
wash closed units if necessary

Rims: whiting or 00 steel wool for spots

Reflectors: remove & wash or wipe off as pan

Drip tray: remove & wash or wipe when necessary

Well: wipe lining with damp cloth, dry  
wipe lid with damp cloth if insulated

Oven unit: char clean; use soft brush, if nec.

Liner: use weak solution ammonia  
fine abrasive or very fine steel wool

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